



Building Stronger Communities, Together

FILOS LUNCHTIME TALKS

**Advance Care Planning:
LIVING A LIFE WITH
*dignity!***

Join us on...
**17 June, 12.30pm - 1.30pm
over Zoom!**

Register at
bit.ly/FilosTalks2022 today!

MONTHLY HIGHLIGHT

Advance Care Planning: Preparing for the unknown

“What happens if I am suddenly unwell and unable to make my own decisions? How would I like to be cared for then?” are common questions that many, especially seniors, may ponder over.

For one of our beneficiaries, Mdm Tang, this was what worried her when she approached Filos Community Services on her concerns of future care arrangements. Mdm Tang is an active attendee of Filos' active ageing programmes and she enjoys cooking, spending time with close ones and conducting her spiritual practices.

Even as an active senior, she also wondered about such unforeseen circumstances, having witnessed multiple incidents of extended relatives being in a dilemma when trying to make suitable decisions for their loved ones.

Through Advance Care Planning (ACP) conversations with Filos' social workers, she was able to convey her wishes and care preferences ahead of time. **“I don't want to burden my children and the medical team in future when I am at my end of life. Doing ACP gave me the**

assurance as I have said my peace regarding my intention and preference," Mdm Tang shared.

If you would like to learn more about ACP to plan ahead for yourselves and/or your loved ones, join us for our upcoming lunchtime talk on 17 June over Zoom. Sign up at bit.ly/FilosTalks2022 today. Please share this with friends and family who may benefit from them too!



PROGRAMME HIGHLIGHTS

"Don't believe, Don't panic, Don't give"

With the recent rise in scam cases, Filos invited officers from Bedok Neighbourhood Police Centre to conduct a series of informative "Scam Alert" talks for our senior beneficiaries at Filos' Active Ageing Centre.

In the second session held on 28 April, our friendly neighbourhood Police officers covered the topic of loan scams. With the increased prevalence of fraudulent messages claiming to offer 'irresistible' loans, we fear that many could fall prey to them. The opportunity to learn directly from the Police on the ways to detect scams provided the seniors with assurance that they can avoid being a victim of such crimes.

One of the ways that the seniors have learnt to better protect themselves is to download the [Scamshield App](#) developed by the National Crime Prevention Council.

Conducting such informative talks is one of the ways Filos help seniors of Kembangan-Chai Chee (KCC) to stay cognitively and socially (as well as safely) engaged in the community. Filos also run exercise programmes, nutrition talks, games, and festive celebrations for the seniors.

If you know of seniors in KCC who could benefit from these active ageing programmes, do encourage them to sign up for June's activities at <https://bit.ly/AAC-Jun2022>!



PROGRAMME HIGHLIGHTS

The ABCs of an Active Ageing Centre

As the population ages, multifold support is required to help seniors age healthily, productively and happily in their community. As an Active Ageing Centre (AAC) appointed by the Agency for Integrated Care, Filos provides a wide range of services to support seniors living in the Kembangan-Chai Chee community:

- **A**ctive ageing programmes
- **B**uddy and befriending services
- **C**are support

Our active ageing programmes aim to help prevent and reverse physical and cognitive frailty in seniors through engaging them in evidence-based exercise programmes, interest workshops, as well as nutrition and health talks.

Through our befriending programmes, dedicated volunteers help reach out to socially isolated seniors, and seniors with chronic illnesses through regular tele-befriending and home visits. In addition, a team of Filos' professionals also provide holistic and integrated health support and social care for seniors with complex medical or social needs.

If you would like to know how you can enrol a senior in the programmes, please contact info@filos.sg. Should you wish to extend your support as a volunteer or donor, please visit giving.sg/filos-community-services.



What we will be seeing today! 我们今天要观看的内容!

1. African Treetops 非洲树梢
2. Wings of Asia 亚洲飞禽
3. Penguin Cove 企鹅湾
4. Shows available 表演



LEARNING WITH YOUTHS!

Conversational English & Let's Go Gai Gai

STORY OF THE MONTH

Learning with Youths!

It's never too late to pick up a new language. Even English!

This was the case for our seniors at Filos' Active Ageing Centre. Our senior beneficiaries, many of whom are Mandarin or dialect-speaking, have been enthusiastically attending a series of Conversational English workshops conducted by student volunteers from Dunman High School.

Each session was filled with excitement and laughter as our seniors engaged with their younger "teachers", learning how to pronounce various words and having conversations in English that would help them in their day-to-day living.

The seniors were taught common English words and terms which included phrases such as "Where is the..." and "Bring me there please...", as well as the English names of items like fruits and vegetables.

The second half of the series even included virtual outings to different locations in Singapore such as Jurong Bird Park and S.E.A Aquarium! Our seniors were introduced to these iconic locations and different exhibitions available such as the Open Ocean Habitat at S.E.A Aquarium and the Penguin Cove at Jurong Bird Park, and taught new English words along the way. It has definitely been a fun-filled several weeks for both our seniors and student volunteers as they learned from one another.

If you are interested in teaching our seniors a new skill, feel free to drop us an email at volunteer@filos.sg to explore further!

VOLUNTEERING OPPORTUNITIES

Make a difference in someone's life and volunteer with us today!

If you are thinking of ways to give back to the community, you could consider making a

donation or sharing your skills and time for a great cause.

Check out the various volunteering opportunities at Filos and within Bedok Town below!

"We make a living by what we get, we make a life by what we give."

- Winston Churchill



A promotional graphic for the Filos SG Cares Volunteer Centre @ Bedok. It features the organization's logo on the left, which includes the word 'filos' in a stylized font, 'SG' in a red circle, and 'Cares Volunteer Centre @ Bedok'. To the right is a large blue circle containing the white Telegram logo. Below the logo, the text 'WE'RE ON TELEGRAM!' is written in large, bold, black letters. At the bottom, a blue button contains the Telegram link 'https://t.me/BedokVC' in white text.

Filos Community Services

Family

- [Befriender to a Malay-speaking Mother](#)

Eldercare

- [Activity Escort](#)
- [Wellness Escort](#)
- [Activity Organiser \(Active Ageing Centre\)](#)
- [Activity Facilitator \(Active Ageing Centre\)](#)

Skills-based

- [Drivers for Ad-hoc Collections](#)

Volunteer Recruitment Talks

- [Volunteering with Families, Children and Youth](#)
- [Volunteering with Seniors](#)

SG Cares Volunteer Centre @ Bedok

Family

- [ComLink Bedok - Family Befriender](#)
- [M3 Project Dian](#)
- [Castle Beach - Sandcastle Facilitator](#)

Multi-service

- [Willing Hearts - Packer/Driver](#)

Seniors

- [LC Nursing Home - Befriender](#)
- [THK Bedok Radiance AAC - Befriender](#)
- [NKF - Dialysis Centre Volunteer](#)
- [SG Cares VC @ Bedok - Medical Escort](#)
- [HCA Hospice Care - Vigil Angel Project](#)
- [EOT - Community Telehealth Service](#)
- [SGO - Silver Generation Ambassador](#)

Persons with Disabilities

- [St. Andrew's Autism Centre - Class Support Volunteer](#)

Volunteer with Us Today!

DONATE

Giving Hope to the Community

If you believe in our cause and would like to further our efforts in reaching out to the community, do [donate now!](#)

Donate Today!



Get in Touch

About Filos

Filos Community Services is a not-for-profit social service organisation. We focus on building the strengths of the community we live in. We work towards empowering individuals and families to live more fulfilling, meaningful and happier lives.

Get the latest updates on our different platforms via this link: <https://linktr.ee/filosCS>



Or scan the QR code above for more details!

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